

Promoting Healthy Behavior

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V(A). Planned Program (Summary)

1. Name of the Planned Program

Promoting Healthy Behavior

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
703	Nutrition Education and Behavior		50%		
724	Healthy Lifestyle		50%		
	Total		100%		

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2008	Extension		Research	
	1862	1890	1862	1890
Plan	0.0	3.8	0.0	0.0
Actual	0.0	4.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c	1890 Extension	Hatch	Evans-Allen
0	243325	0	0
1862 Matching	1890 Matching	1862 Matching	1890 Matching
0	267832	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	6760	0	0

V(D). Planned Program (Activity)**1. Brief description of the Activity**

Several educational activities about nutrition and health were held in the form of workshops, seminars, and classes. These programs were held at schools, nutrition sites, assisted living facilities, churches, and community centers. The nutritional program focused on the food guide pyramid, healthy eating, and meal planning. Upon completion of the programs, the participants received certificates and a delicious healthy recipe booklet. The seminars promoted structured nutritional and physical activities, and assessment programs for cardiovascular disease risk education through weight reduction. Community train-the-trainer seminars were conducted in Bullock and Macon Counties. Pediatricians are reporting that they are now diagnosing Type 2 diabetes in children as early as age five. Risks are more severe in Hispanics and Black children. In Barbour County, two new programs, a Healthy Start Curriculum and a Preschool/kindergarten nutrition and physical activity, were instituted. These programs focused on healthy eating habits and increasing physical activities, emphasizing awareness about obesity prevention early in life. A wellness program, "A Healthy Weigh of Life," was implemented to teach adults how to take control of their health by making healthy food choices.

2. Brief description of the target audience

TUCEP is committed to improving the health status and wellbeing of children and adults (overweight, obesity, diabetes, etc.) in the twelve Black Belt counties of Alabama by providing nutrition health education, counseling and related services for you, parents, and families.

V(E). Planned Program (Outputs)**1. Standard output measures****Target for the number of persons (contacts) reached through direct and indirect contact methods**

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	300	100	300	300
2008	450	300	350	400

2. Number of Patent Applications Submitted (Standard Research Output)**Patent Applications Submitted**

Year Target

Plan: 0

2008: 0

Patents listed**3. Publications (Standard General Output Measure)****Number of Peer Reviewed Publications**

	Extension	Research	Total
Plan	0	0	
2008	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

This ETP will follow Outcome Evaluation Methods by Green and Kreuter, 1991. This type of evaluation will provide data concerning short-term effects of the program, including increased awareness and knowledge, expressed intentions to make recommended changes, and responses to public service announcements. The measures can be self reported (interviews with the intended audience) evident changes in the number of people eing screened for a cardiovascular (CVD) risk factor at a localhealth fair or a comparative study (comparing CVD knowledge of participating audience and of similar group that did not receive the intervention.

Year	Target	Actual
2008	25	25

V(G). State Defined Outcomes

O No.	Outcome Name
1	The outcome is to decrease the risk of degenerative diseases, improve the quality of life, maintain reasonable weight by monitoring caloric consumption, control disease through diet, exercise, medication, and stress management.

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

Natural Disasters (drought,weather extremes,etc.)

Economy

Appropriations changes

Government Regulations

Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

Cuts in local budgets have shifted some agency personnel.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

Before-After (before and after program)

During (during program)

Case Study

Comparisons between program participants (individuals,group,organizations) and non-participants

Comparisons between different groups of individuals or program participants experiencing different levels of program intensity.

Evaluation Results

ETP Team launched various preventive programs and activities such as health fairs, displays, workshops, seminars, classes, mass media, and road side billboards. Also, food demonstrations had participants to keep food logs, bi-weekly exercise classes, weekly weigh-ins, and support group/counseling. Participants acquired knowledge, skills, and awareness relative to body mass index (BMI), setting nutritional goals, essentials of nutrition, importance of physical activities, behavior modification, meal and menu planning, body weight, food intake, health and fitness. Overall evaluation was change in knowledge, action and condition.

Key Items of Evaluation

Continued emphasis on health programs for limited resource and minority populations is a must.